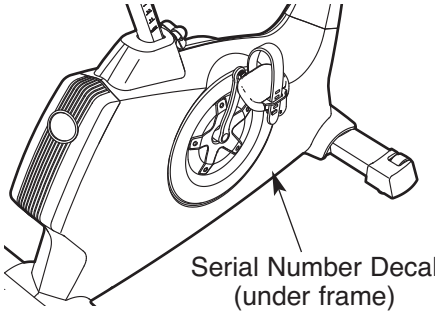
PRO-FORM®
200 CSX

www.proform.com

Model No. PFEX02210.0
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri., 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL

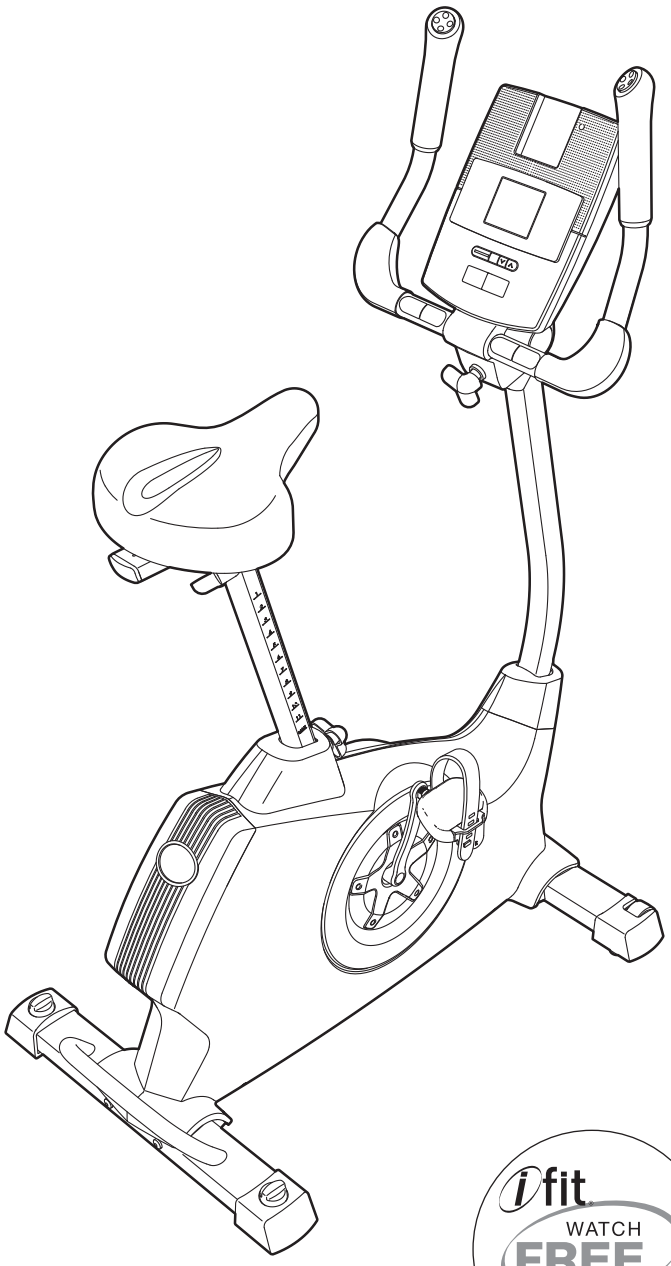


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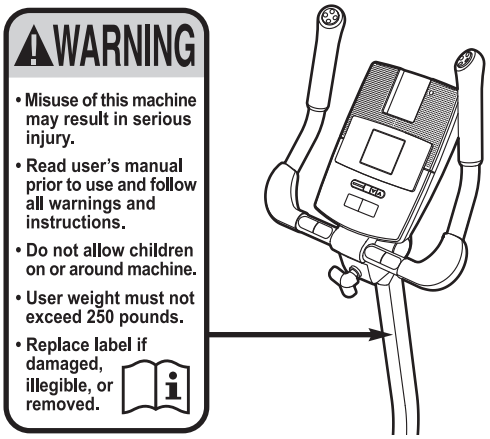
TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
FCC INFORMATION 3
BEFORE YOU BEGIN 4
ASSEMBLY 5
HOW TO USE THE EXERCISE BIKE 11
MAINTENANCE AND TROUBLESHOOTING 19
EXERCISE GUIDELINES 21
PART LIST 22
EXPLODED DRAWING 23
ORDERING REPLACEMENT PARTS . . . . . .Back Cover
LIMITED WARRANTY . . . . . .Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• User weight must not exceed 250 pounds.
• Replace label if damaged, illegible, or removed.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the exercise bike only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.**
4. **The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.**
5. **Keep the exercise bike indoors, away from moisture and dust. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around your exercise bike.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep children under age 12 and pets away from the exercise bike at all times.**
8. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.**
9. **The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).**
10. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
11. **Always keep your back straight while using the exercise bike; do not arch your back.**
12. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

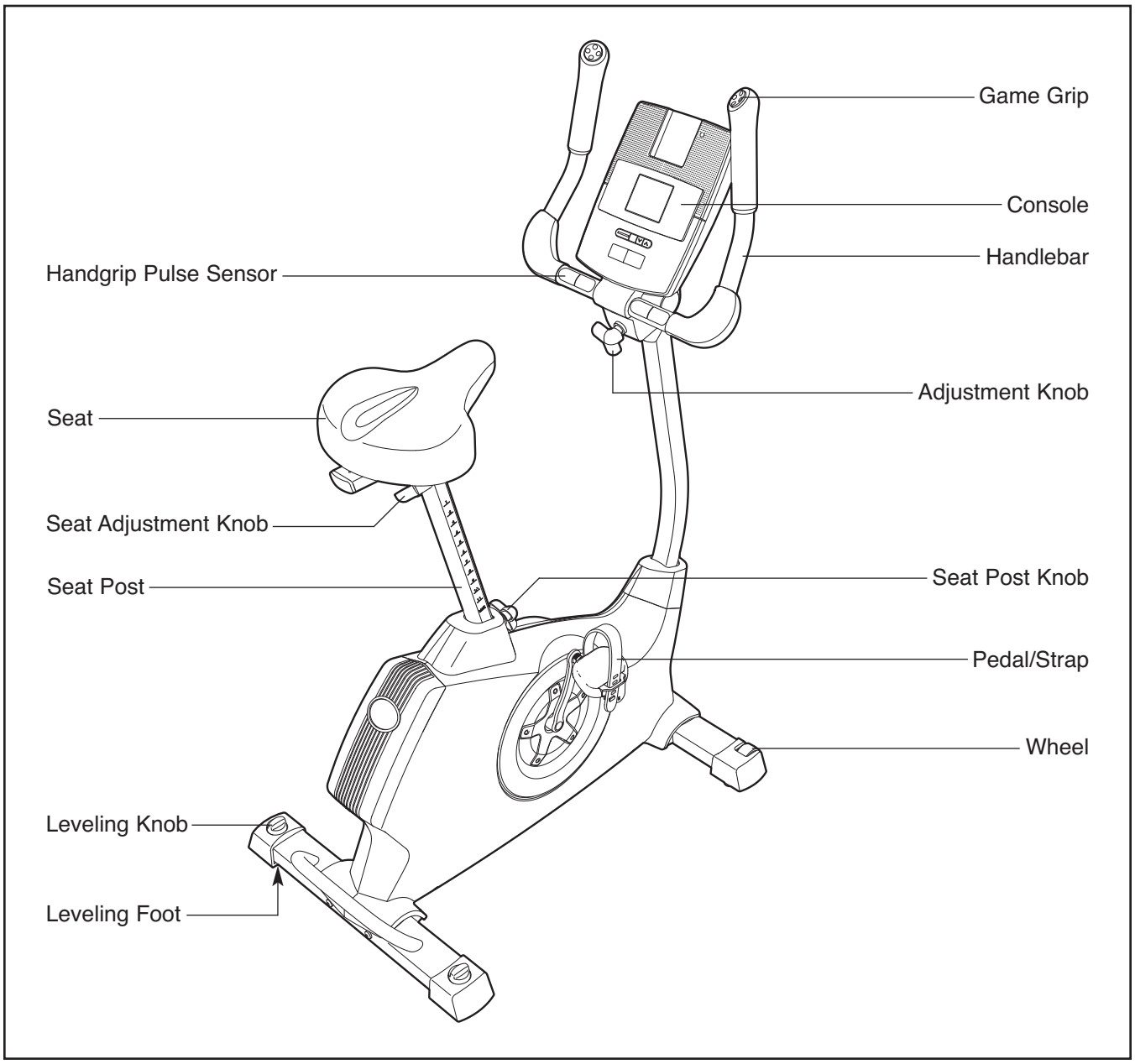
WARNING: Per FCC rules, changes or modifications not expressly approved by ICON could void the user's authority to operate the equipment.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 200 CSX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 200 CSX exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



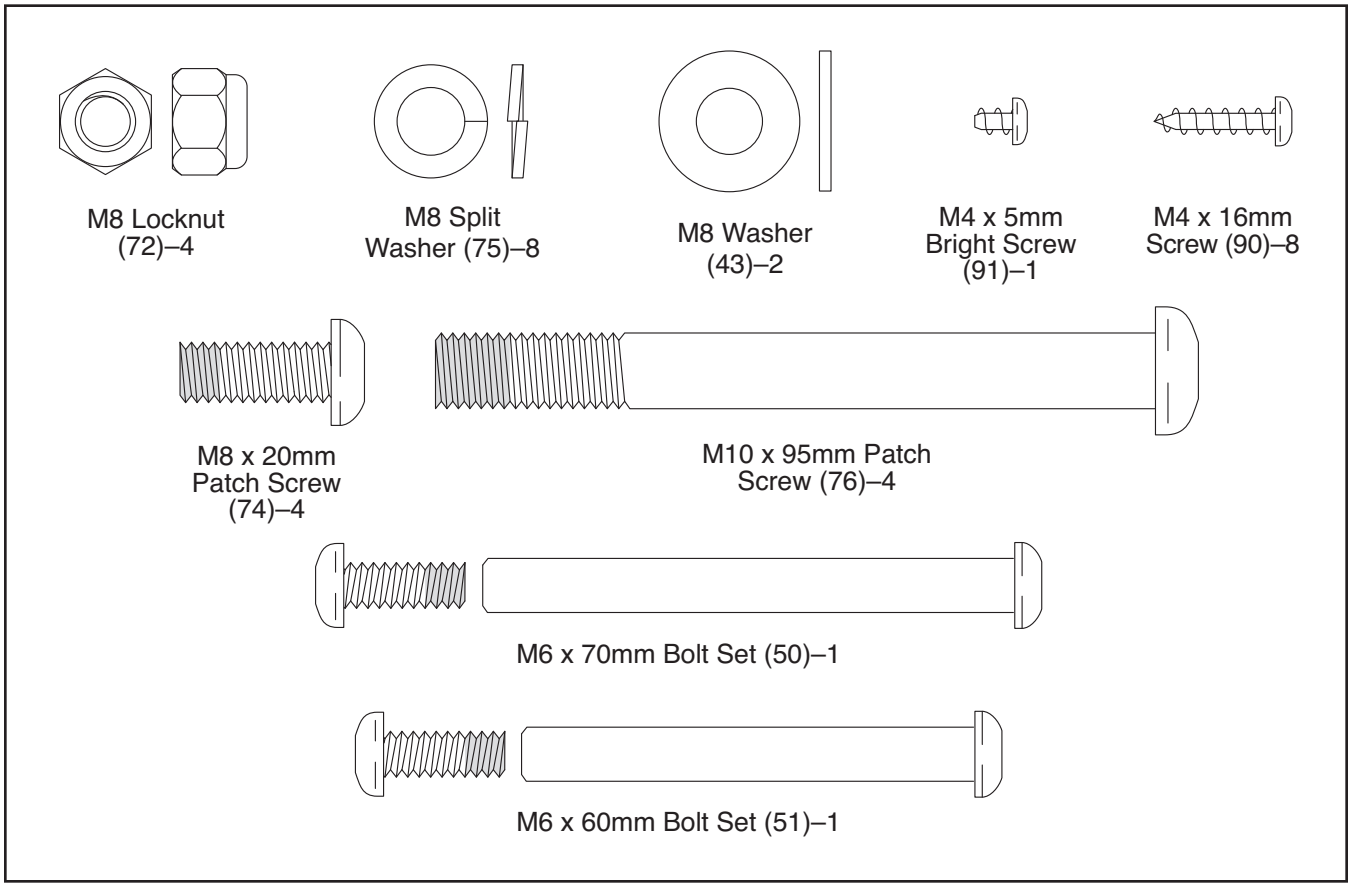
ASSEMBLY

To hire an authorized service technician to assemble the exercise bike, call 1-800-445-2480.

Assembly requires two persons. Place all parts of the exercise bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

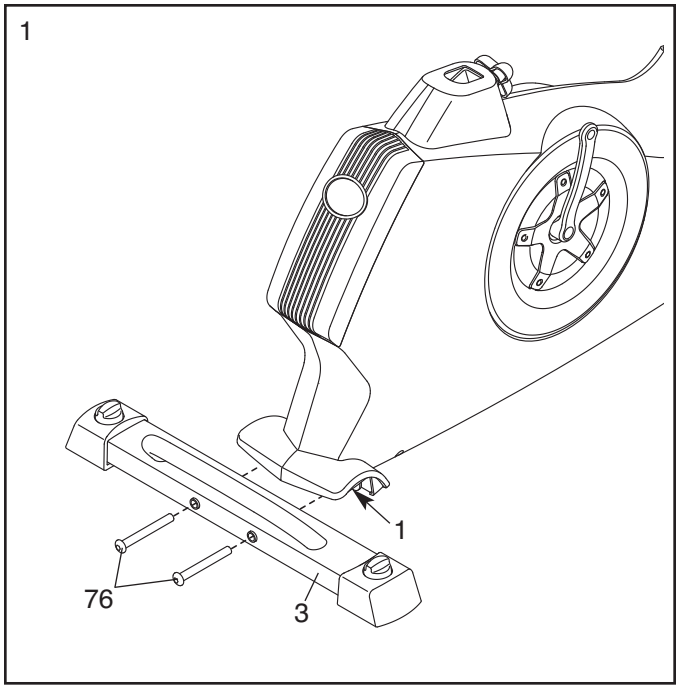
In addition to the included tool(s), assembly requires a Phillips screwdriver , an adjustable wrench , and a rubber mallet .

As you assemble the exercise bike, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**

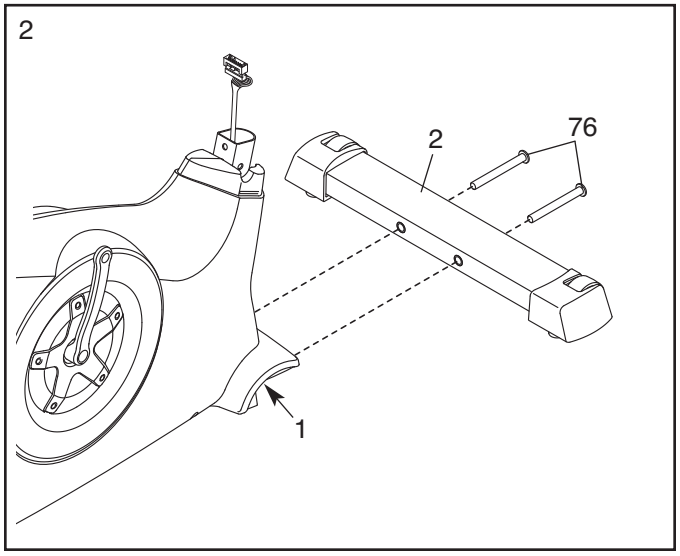

M8 Locknut (72)–4
M8 Split Washer (75)–8
M8 Washer (43)–2
M4 x 5mm Bright Screw (91)–1
M4 x 16mm Screw (90)–8
M8 x 20mm Patch Screw (74)–4
M10 x 95mm Patch Screw (76)–4
M6 x 70mm Bolt Set (50)–1
M6 x 60mm Bolt Set (51)–1

1. **To make assembly easier, read the information on page 5 before you begin.**

Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 95mm Patch Screws (76).



2. Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 95mm Patch Screws (76).

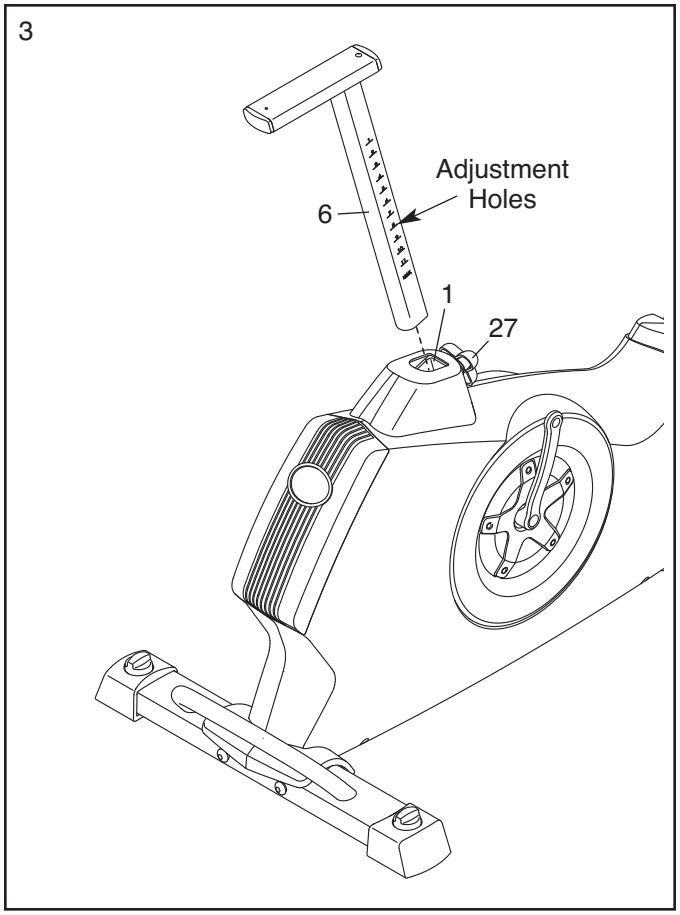


3. Loosen the Adjustment Knob (27) in the Frame (1) a few turns.

   Orient the Seat Post (6) as shown. Then, pull the Adjustment Knob (27) outward and insert the Seat Post into the Frame (1).

   Slide the Seat Post (6) upward or downward to the desired position, and release the Adjustment Knob (27).

   Move the Seat Post (6) upward or downward slightly to make sure that the Adjustment Knob (27) is engaged in one of the adjustment holes in the Seat Post. Then, tighten the Adjustment Knob.

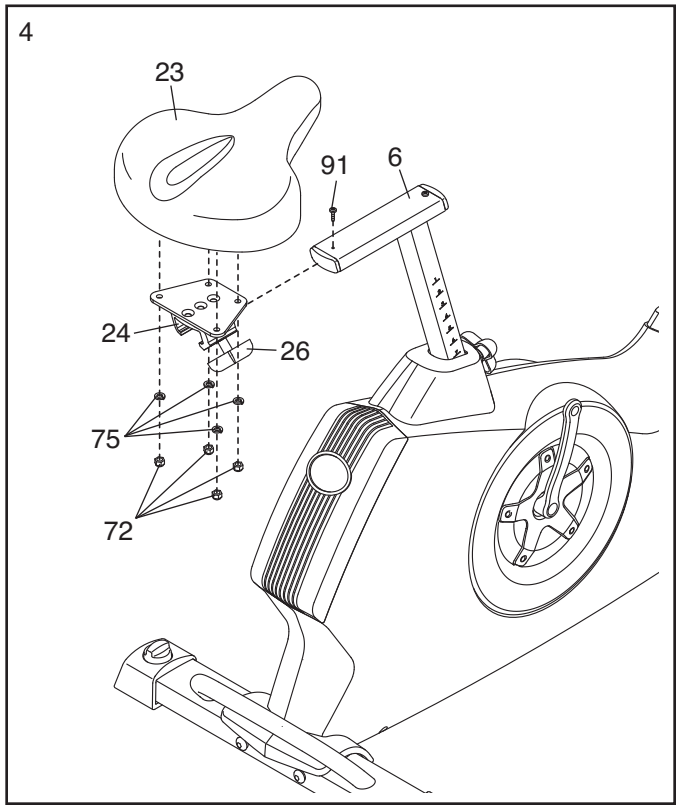


4. Orient the Seat (23) and the Seat Carriage (24) as shown.

   Attach the Seat (23) to the Seat Carriage (24) with four M8 Locknuts (72) and four M8 Split Washers (75).

   Slide the Seat Carriage (24) onto the Seat Post (6). Then, slide the Seat Carriage all the way forward and tighten the Seat Adjustment Knob (26).

   Attach an M4 x 5mm Bright Screw (91) to the rear of the Seat Post (6).



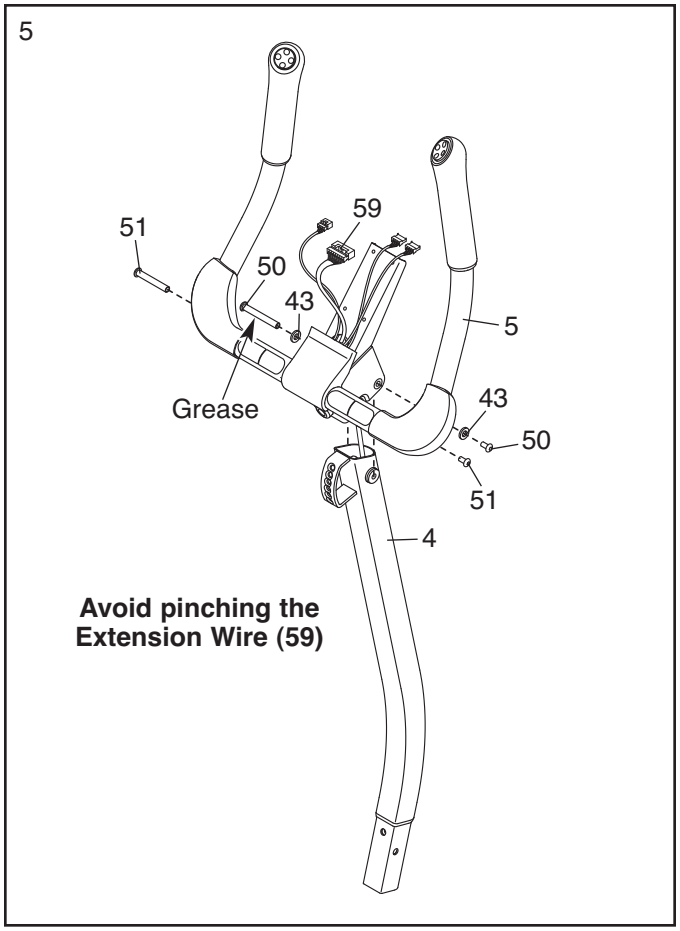
5. Apply some of the included grease to an M6 x 70mm Bolt Set (50).

   Orient the Handlebar (5) and the Upright (4) as shown.

   While a second person holds the Handlebar (5) near the Upright (4), insert the Extension Wire (59) upward through the Handlebar.

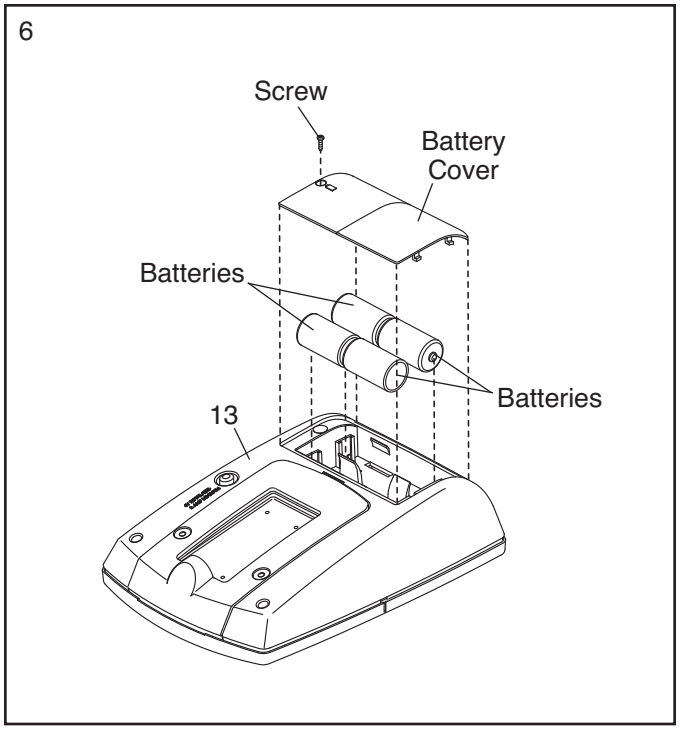
   Tip: Avoid pinching the Extension Wire (59). Attach the Handlebar (5) to the Upright (4) with the M6 x 70mm Bolt Set (50) and two M8 Washers (43).

   Then, attach an M6 x 60mm Bolt Set (51) through the lower bracket on the Handlebar (5).



6. The Console (13) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screw, remove the battery cover, insert the batteries into the battery compartments, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

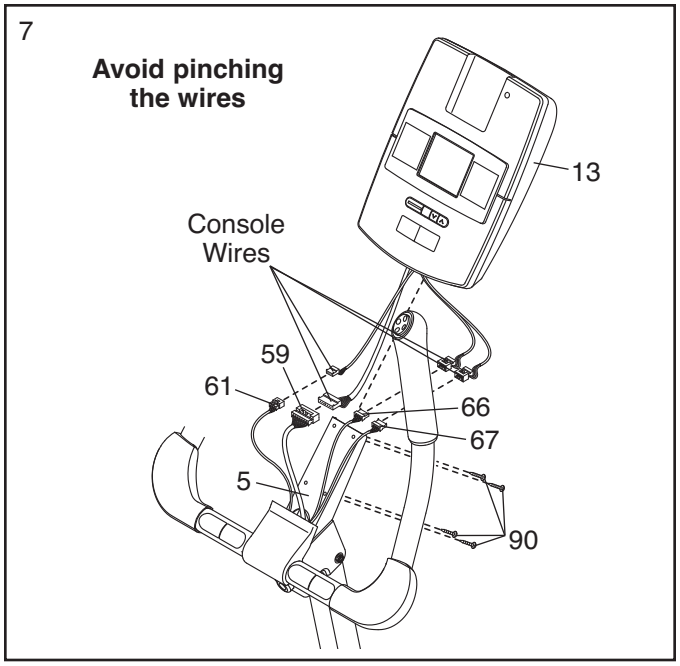
   To purchase an optional power adapter, call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied power adapter. Plug one end of the power adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



7. While another person holds the Console (13) near the Handlebar (5), connect the console wires to the Extension Wire (59), the Pulse Wire (61), the Left Controller Wire (66), and the Right Controller Wire (67). **Look at the tags on the wires and make sure that the Left and Right Game Wires are connected to the correct wires on the console.**

   Insert the excess wire downward into the Handlebar (5) or upward into the Console (13).

   Tip: Avoid pinching the wires. Attach the Console (13) to the Handlebar (5) with four M4 x 16mm Screws (90).



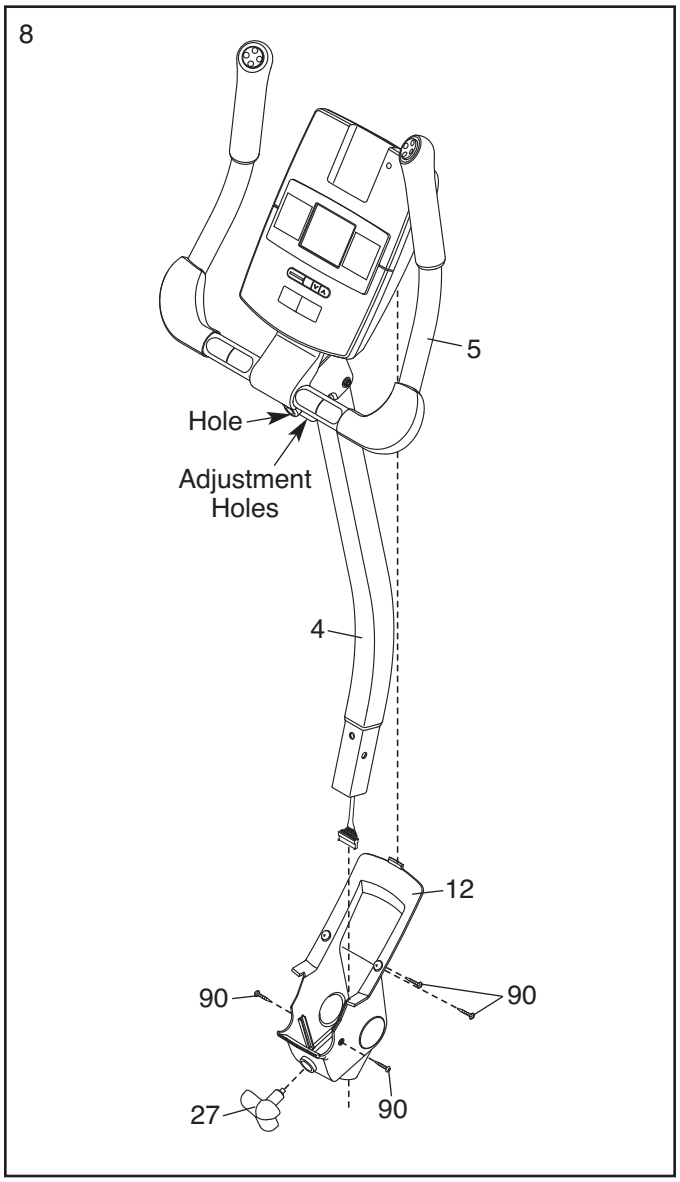
8. Orient the Upright (4) assembly and the Pivot Cover (12) as shown.

   Slide the Pivot Cover (12) upward to the Handlebar (5). **Tip: Bend and flex the Pivot Cover slightly to slide it over the Handlebar.**

   Attach the Pivot Cover (12) to the Handlebar (5) with four M4 x 16mm Screws (90).

   Pivot the Handlebar (5) until the hole in the Handlebar is aligned with an adjustment hole in the Upright (4).

   Tighten an Adjustment Knob (27) into the Handlebar (5) and an adjustment hole in the Upright (4). **Make sure that the Adjustment Knob is engaged in one of the adjustment holes.**



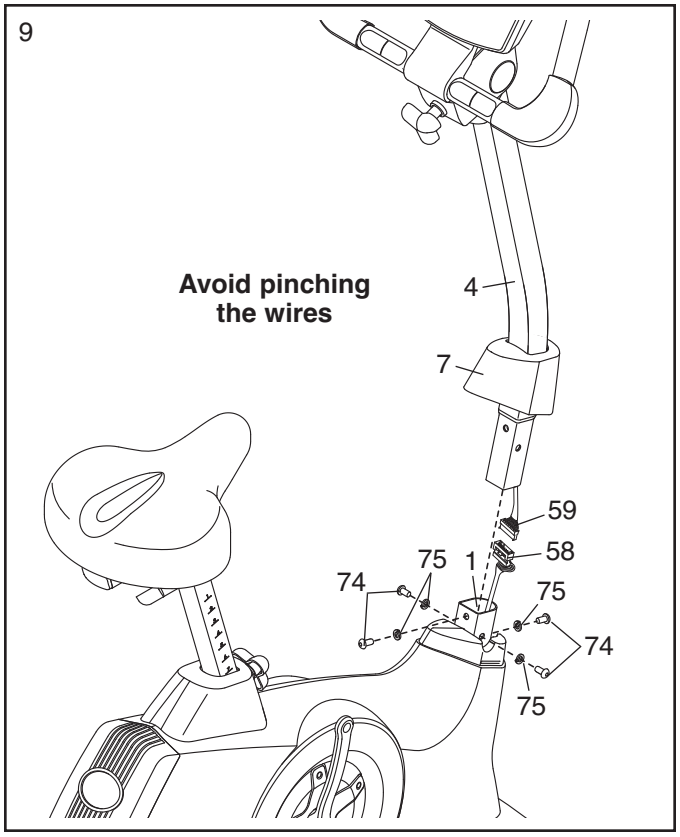
9. Slide the Front Shield Cover (7) upward onto the Upright (4).

   While another person holds the Upright (4) near the Frame (1), connect the Extension Wire (59) to the Wire Harness (58).

   Insert the Upright (4) into the Frame (1).

   Tip: Avoid pinching the wires. Attach the Upright (4) with four M8 x 20mm Patch Screws (74) and four M8 Split Washers (75).

   Slide the Front Shield Cover (7) downward to the Frame (1) and press it into place.



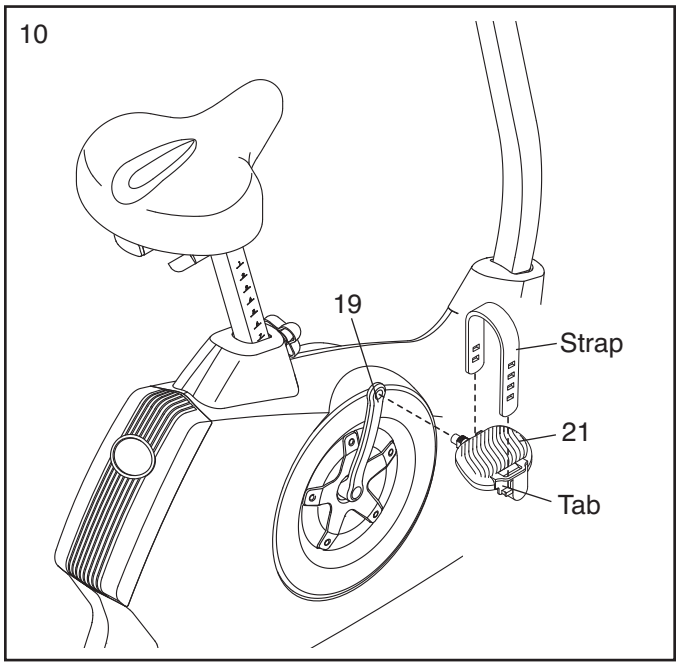
10. Identify the Right Pedal (21), which is marked with an "R."

    Using an adjustable wrench, **firmly tighten** the Right Pedal (21) *clockwise* into the Right Crank Arm (19).

    Tighten the Left Pedal (not shown) *counter-clockwise* into the Left Crank Arm (not shown).

    IMPORTANT: Tighten both pedals as firmly as possible. After using the exercise bike for one week, retighten the pedals. For best performance, keep the pedals tightened.

    Adjust the strap on the Right Pedal (21) to the desired position, and press the ends of the straps onto the tabs on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**

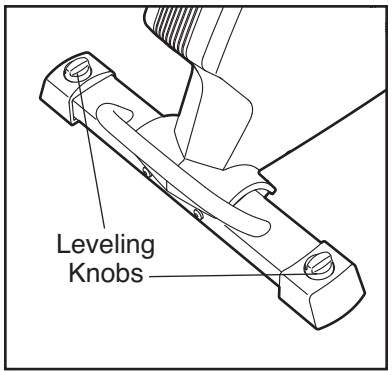


11. **Make sure that all parts are properly tightened before you use the exercise bike. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise bike to protect the floor or carpet.

HOW TO USE THE EXERCISE BIKE

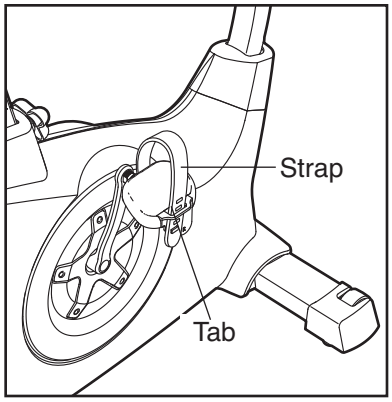
HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling knobs on the rear stabilizer and adjust the leveling feet until the rocking motion is eliminated.



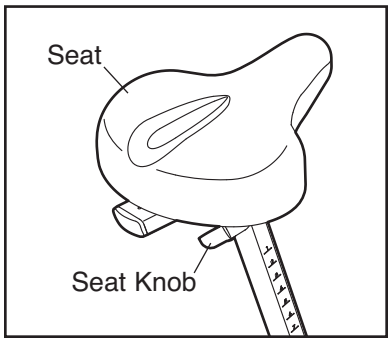
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Then, adjust the straps to the desired position, and press the ends of the straps onto the tabs.



HOW TO ADJUST THE LATERAL POSITION OF THE SEAT

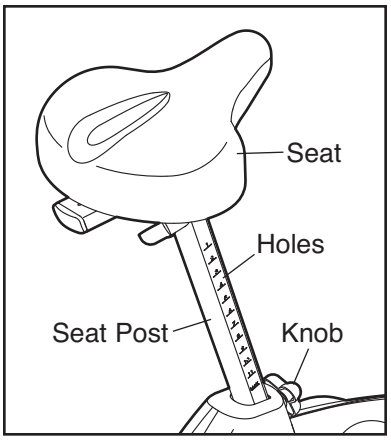
To adjust the lateral position of the seat, first loosen the seat adjustment knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the knob.



HOW TO ADJUST THE HEIGHT OF THE SEAT

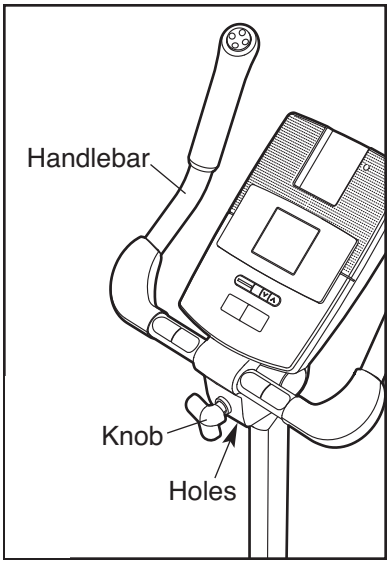
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first loosen the adjustment knob a few turns. Next, pull the knob outward, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the knob.

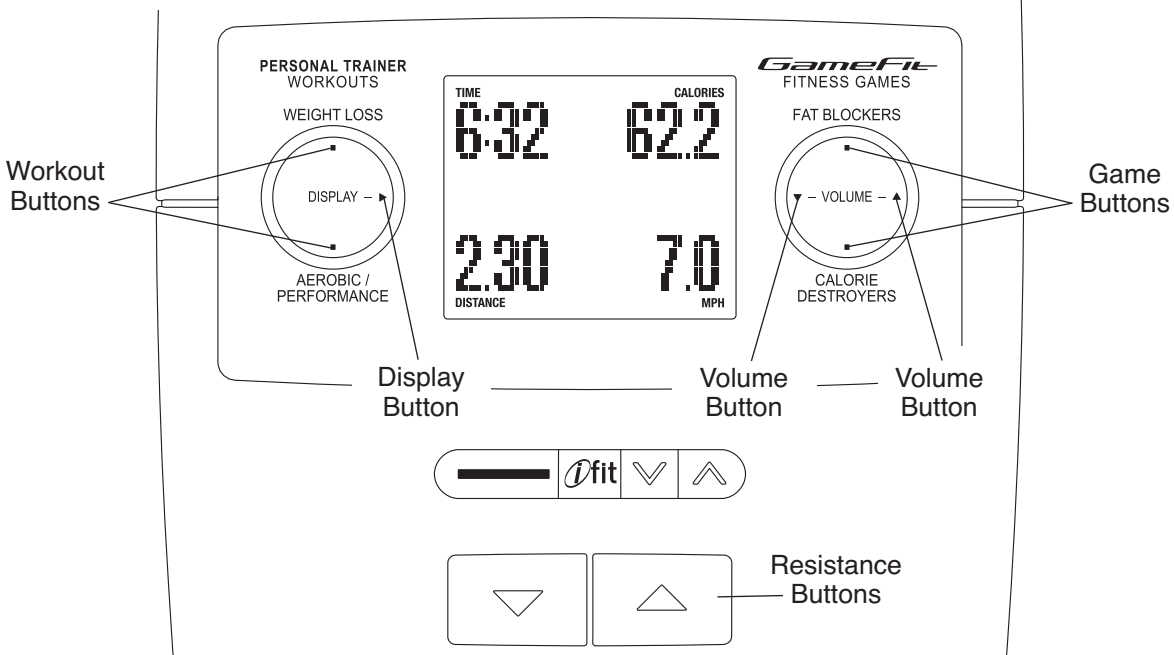


HOW TO ADJUST THE ANGLE OF THE HANDLEBAR

To adjust the angle of the handlebar, first loosen the adjustment knob a few turns. Next, pull the knob outward, pivot the handlebar to the desired angle, and then release the knob into an adjustment hole. **Make sure that the knob is engaged in one of the adjustment holes.** Then, tighten the knob.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

This revolutionary console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console offers sixteen preset workouts—eight weight loss workouts and eight aerobic/performance workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling speed as it guides you through an effective workout.

The console also features two motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie Destroyer™ game during your workouts—the harder you exercise, the greater your advantage!

The console also features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals.

For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console's sound system and listen to your favorite workout music or audio books while you exercise.

To use the manual mode, see page 13. **To use a preset workout,** see page 14. **To play the Fat Blocker game,** see page 15. **To play the Calorie Destroyer game,** see page 16. **To use an iFit workout,** see page 17. **To use the sound system,** see page 18. **To change the console settings,** see page 18.

Note: If there is a sheet of plastic on the face of the console, remove the plastic.

HOW TO USE THE MANUAL MODE

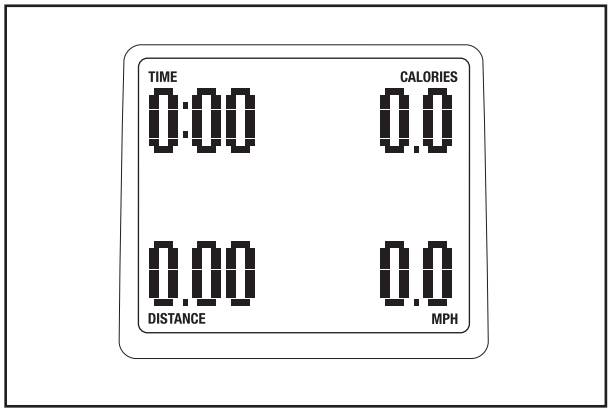
1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will light. The console will then be ready for use.

2. **Select the manual mode.**

   Each time you turn on the console, the manual mode will be selected.

   If you have selected a workout, press any of the Workouts or Fitness Games buttons (see the drawing on page 12) repeatedly until zeroes appear in the display.



3. **Change the resistance of the pedals as desired.**

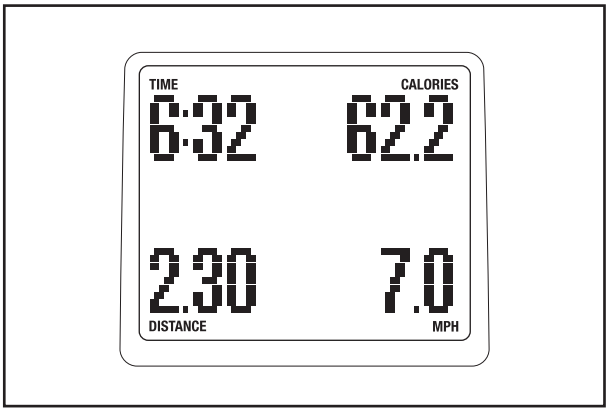
   As you pedal, change the resistance of the pedals by pressing the resistance increase and decrease buttons (see the drawing on page 12) repeatedly. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button (see the drawing on page 12) repeatedly to select the desired display mode.

The display can show the following workout information:

Time—When the manual mode is selected, this display will show the elapsed time. When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



Speed—This display will show your pedaling speed, in miles per hour (MPH) or kilometers per hour (KM/H).

Distance—This display will show the distance you have pedaled, in miles or kilometers.

Calories—This display will show the approximate number of calories you have burned.

Watts—This display will show your approximate power output in watts.

Pulse—This display will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 14).

Resistance—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

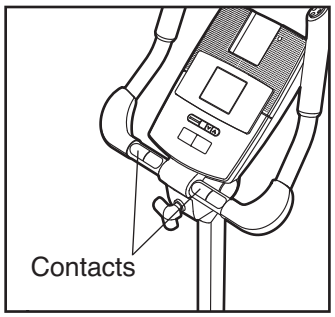
Profile—When a workout is selected, this display will show a profile of the resistance settings for the workout.

Display Settings—The console offers a display settings mode that can be entered when the words HOLD DISPLAY FOR SETTINGS appear in the display. To change the display settings, see HOW TO CHANGE THE CONSOLE SETTINGS on page 18.

Change the volume level of the console by pressing the Volume increase and decrease buttons.

Note: The console can show pedaling speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the display to show which unit of measurement is selected. To change the unit of measurement, see step 3 of HOW TO CHANGE THE CONSOLE SETTINGS on page 18.

5. **Measure your heart rate if desired.**



If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, dashes will appear in the display, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

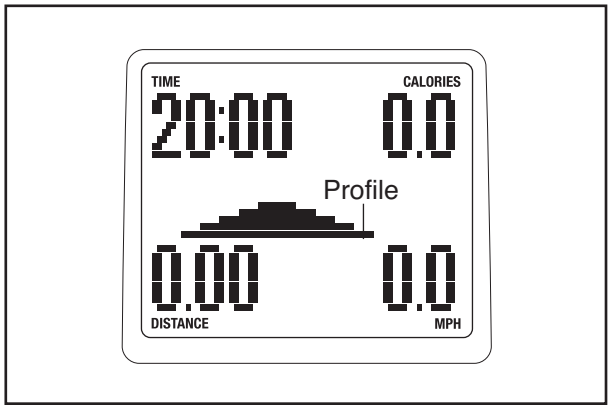
1. **Begin pedaling or press any button on the console to turn on the console.**

When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select a preset workout.**

To select a preset workout, press the Weight Loss or the Aerobic/Performance button repeatedly until the profile of the desired workout appears in the display.

The workout time and a profile of the resistance levels for the workout will appear in the display.



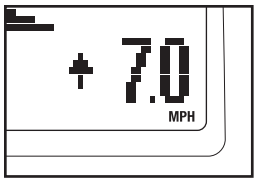
3. **Begin pedaling to start the workout.**

Each workout is divided into 20 or 30 one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. The resistance level and the target speed will also appear in the display.

If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or the target speed will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.



As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. When an upward-pointing arrow appears in the display, increase your speed. When a downward-pointing arrow appears in the display, decrease your speed. When no arrows appear, maintain your current speed.

IMPORTANT: The target speed is intended only to provide motivation. Your actual speed may be slower than the target speed. Make sure to exercise at a speed that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound, the console will pause, and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 13.

5. **Measure your heart rate if desired.**

   See step 5 on page 14.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 14.

HOW TO PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Fat Blocker game.

1. **Begin pedaling or press any button on the console to turn on the console.**

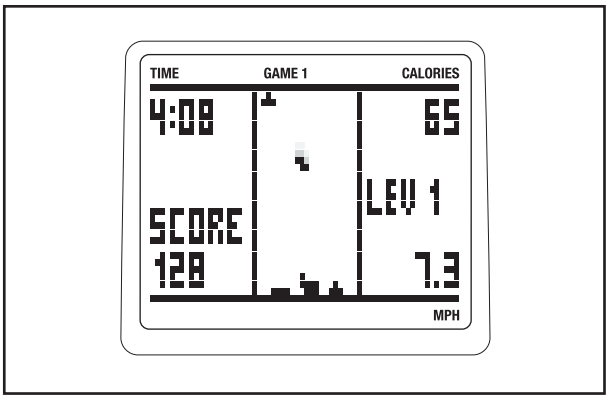
   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the Fat Blocker game.**

   To select the Fat Blocker game, press the Fat Blockers button (see the drawing on page 12).

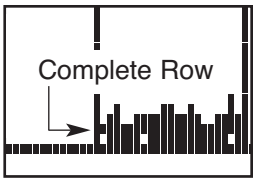
3. **Begin pedaling or press a button on either controller to start the game.**

   When you start the Fat Blocker game, a game arena will appear in the center of the display.



A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another block will then move downward. Blocks come in eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.

Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena. Each time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.



As you play, the blocks will fall faster and faster; however, the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4. Follow your progress with the display.

While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling speed. In addition, the display will show your current score and the game level that you have reached.

To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the words FAT BLOCKER appear at the top of the display, and then press a button on either controller.

5. When you are finished exercising, the console will turn off automatically.

See step 6 on page 14.

HOW TO PLAY THE CALORIE DESTROYER GAME

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Calorie Destroyer game.

1. Begin pedaling or press any button on the console to turn on the console.

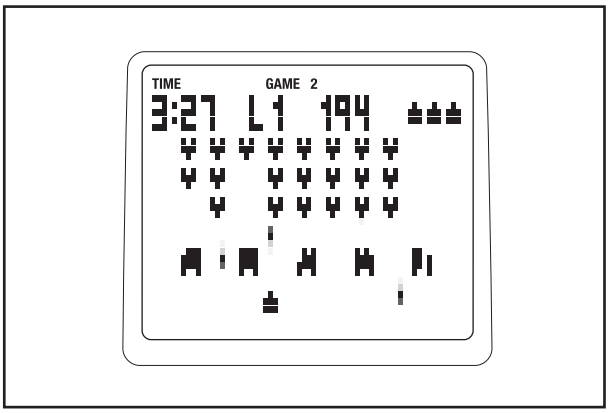
When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select the Calorie Destroyer game.

To select the Calorie Destroyer game, press the Calorie Destroyers button (see the drawing on page 12).

3. Press a button on either controller to start the game.

When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.



At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4. Follow your progress with the display.

While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the word DESTROYER appears at the top of the display, and then press a button on either controller.

5. When you are finished exercising, the console will turn off automatically.

See step 6 on page 14.

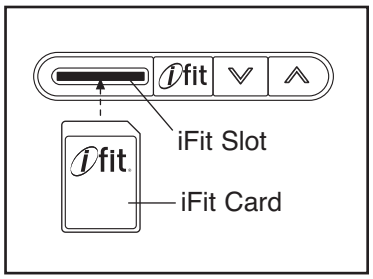
HOW TO USE AN IFIT WORKOUT

iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Insert an iFit card and select a workout.



To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so that the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will turn on and text will appear in the display.

Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout.

iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 6 on pages 14 and 15.

3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Volume increase and decrease buttons on the console.

When not in use, unplug the audio cable from the jack on the console.

HOW TO CHANGE THE CONSOLE SETTINGS

The console features a display settings mode that allows you to select a backlight option, to select a unit of measurement for the console, and to turn the game sounds on or off. Follow the steps below to change the console settings.

1. **Enter the display settings mode.**

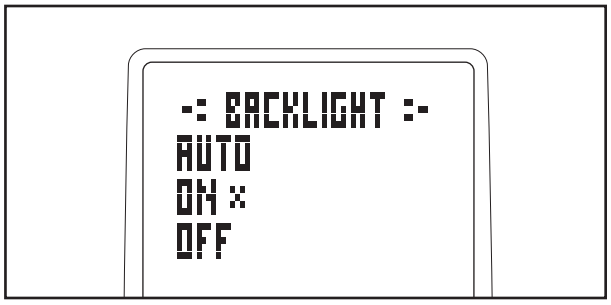
   To enter the display settings mode, first press the Display button repeatedly until the words HOLD DISPLAY FOR SETTINGS appear in the display.

   Then, press and hold the Display button until the display settings information appears in the display.

2. **Select a backlight option if desired.**

   The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.

   An X will appear next to the currently selected backlight option. To change the backlight option, press the resistance increase and decrease buttons to choose the desired backlight option.

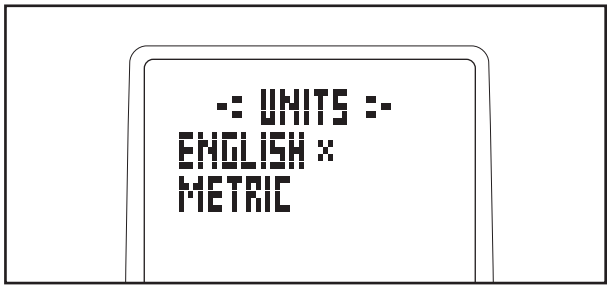


   Then, press the Display button to proceed to the next option.

3. **Select a unit of measurement if desired.**

   The console can show pedaling speed and distance in either miles or kilometers.

   The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display. An X will appear next to the currently selected unit of measurement.



   To change the unit of measurement, press the resistance increase and decrease buttons to choose the desired unit of measurement.

   Then, press the Display button to proceed to the next option.

4. **Turn the game sounds on or off if desired.**

   The console game sounds can be turned on or turned off. The words OFF and ON will appear in the display. An X will appear next to the currently selected option.

   To change the option, press the resistance increase and decrease buttons to choose ON or OFF.

5. **Exit the display settings mode.**

   Press the Display button to save your settings and exit the display settings mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console display becomes dim, replace all the batteries at the same time (see assembly step 6 on page 8).

If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 14.

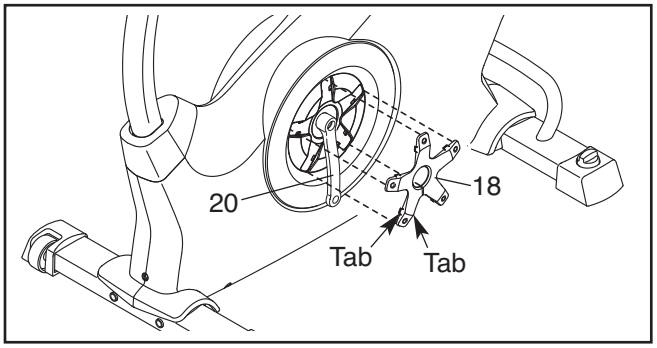
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, you must remove the left pedal, the left disc cover, and the left pedal disc (see the instructions below).

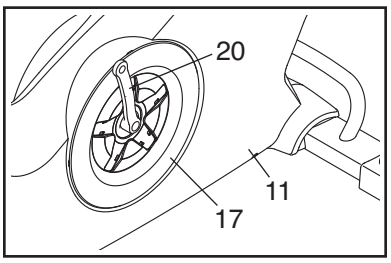
Using an adjustable wrench, turn the left pedal clockwise and remove it.

Rotate the Left Crank Arm (20) to a vertical position with the end of the Left Crank Arm pointing downward.



Using a flat screwdriver, release the tabs on each point of the left Disc Cover (18). Carefully work the left Disc Cover over the Left Crank Arm (20) and remove the left Disc Cover.

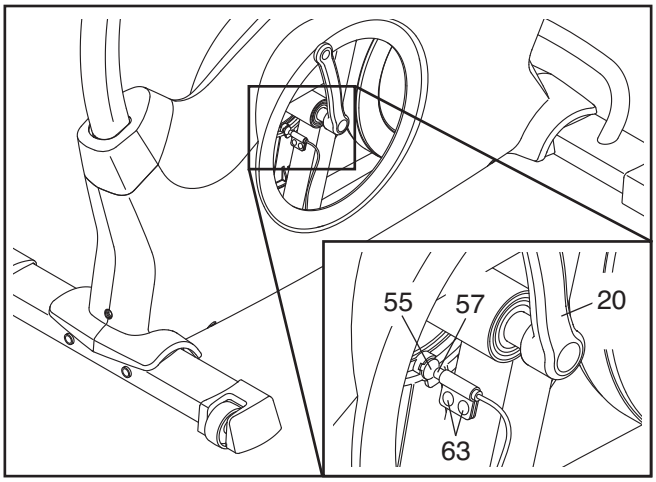
Next, rotate the Left Crank Arm (20) to a vertical position with the end of the Left Crank Arm pointing upward.



Rotate the left Pedal Disc (17) clockwise to release it from the Left Shield (11).

Then, work the left Pedal Disc (17) upward and remove it from the Left Crank Arm (20).

Locate the Reed Switch (57). Loosen, but do not remove, the two M4 x 12.7mm Flange Screws (63).



Next, rotate the Left Crank Arm (20) until a Magnet (55) is aligned with the Reed Switch (57). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 12.7mm Flange Screws (63).

Rotate the Left Crank Arm (20) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the left pedal disc, the left disc cover, and the left pedal.

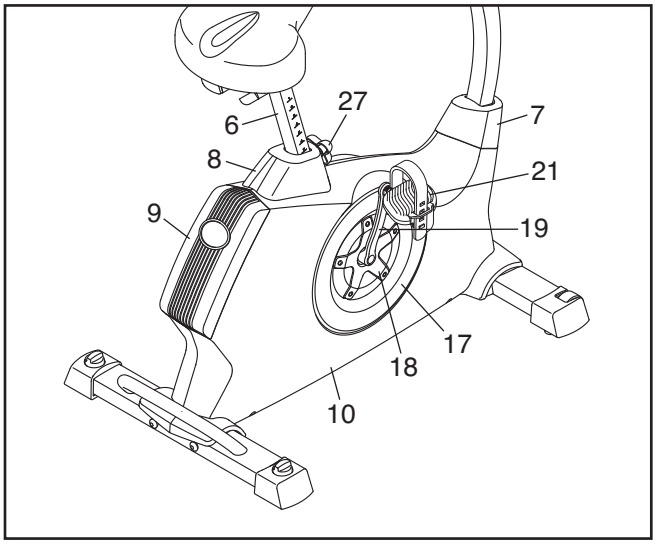
HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, you must remove the right pedal, the seat post, the top shield cover, the rear shield cover, the front shield cover, the right disc cover, the right pedal disc, and the right shield (see the instructions below).

Using an adjustable wrench, turn the Right Pedal (21) counterclockwise and remove it.

Remove the Adjustment Knob (27) and remove the Seat Post (6).



Using a flat screwdriver, remove the Top Shield Cover (8) and the Rear Shield Cover (9). Then, use the flat screwdriver to release the Front Shield Cover (7).

Rotate the Right Crank Arm (19) to a vertical position with the end of the Right Crank Arm pointing downward.

Using a flat screwdriver, release the tabs on each point of the right Disc Cover (18). Carefully work the right Disc Cover over the Right Crank Arm (19) and remove the right Disc Cover. Note: See the drawings on page 19 for more detail.

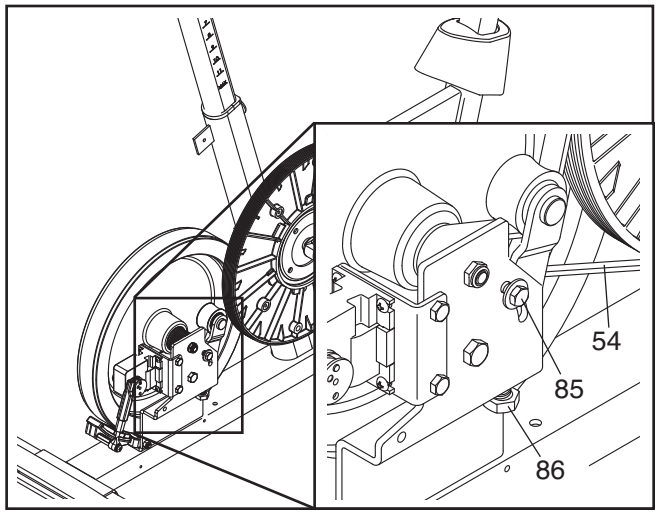
Next, rotate the Right Crank Arm (19) to a vertical position with the end of the Right Crank Arm pointing upward.

Rotate the right Pedal Disc (17) clockwise to release it from the Right Shield (10).

Then, work the right Pedal Disc (17) upward and remove it from the Right Crank Arm (19).

See the EXPLODED DRAWING on page 23 and remove the M4 x 19mm Screws (89) and the M4 x 25mm Screws (62) from the Right and Left Shields (10, 11). Then, remove the Right Shield.

Next, loosen the M6 x 20mm Hex Screw (85). Then, tighten the M10 x 50mm Hex Screw (86) until the Drive Belt (54) is tight.



When the Drive Belt (54) is tight, tighten the M6 x 20mm Hex Screw (85).

Then, reattach the right shield, the right pedal disc, the right disc cover, the front shield cover, the rear shield cover, the top shield cover, the seat post, and the right pedal.

EXERCISE GUIDELINES

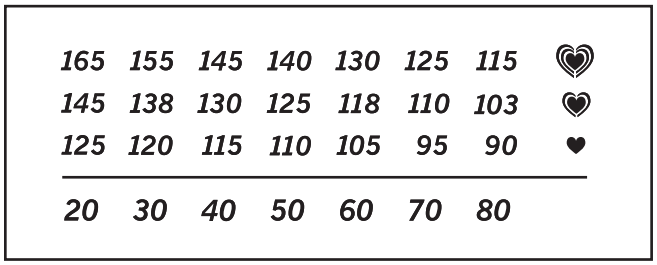
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFEX02210.0

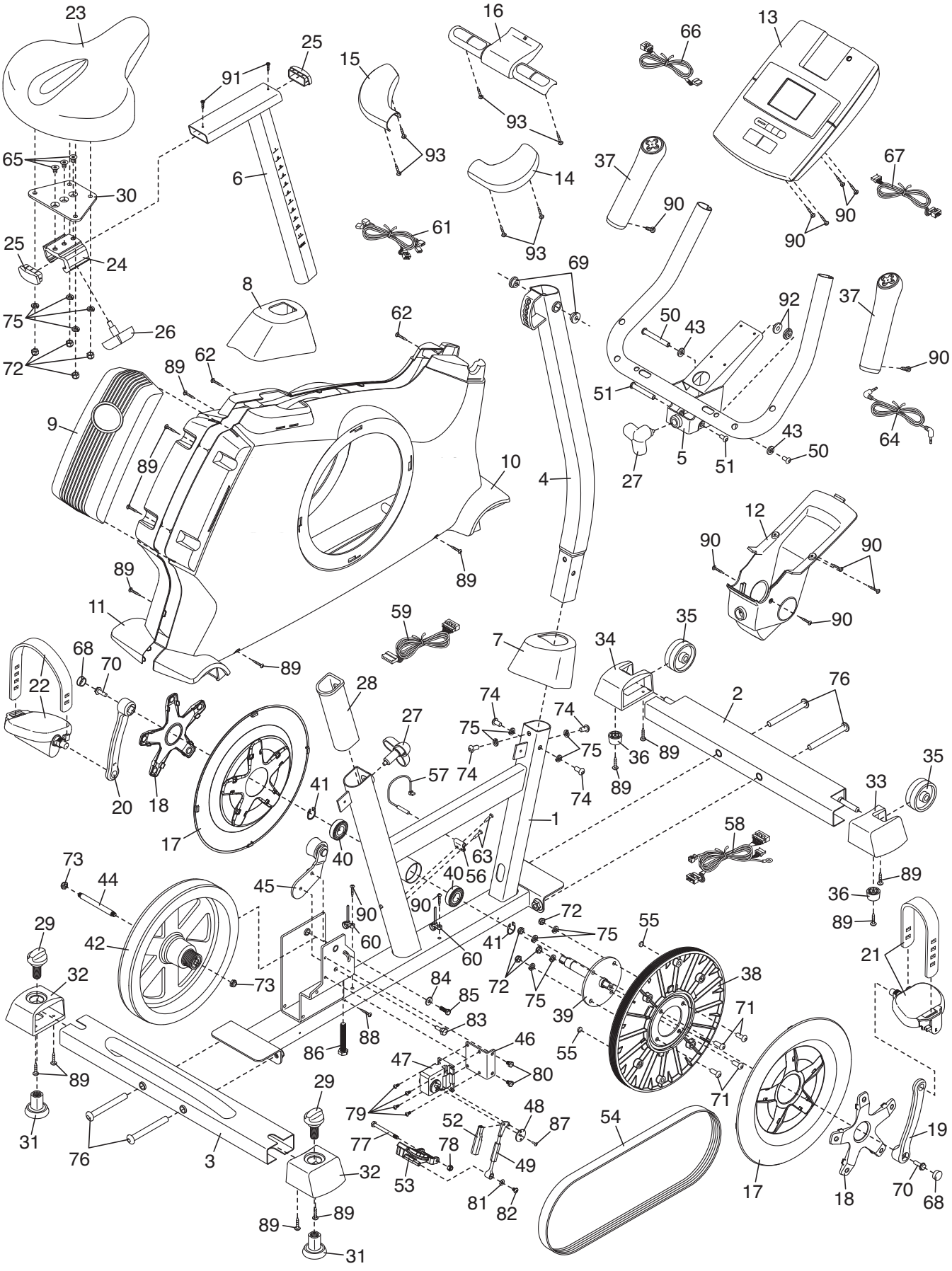
R0610B

Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	1	Rear Stabilizer
4	1	Upright
5	1	Handlebar
6	1	Seat Post
7	1	Front Shield Cover
8	1	Top Shield Cover
9	1	Rear Shield Cover
10	1	Right Shield
11	1	Left Shield
12	1	Pivot Cover
13	1	Console
14	1	Right Pad
15	1	Left Pad
16	1	Pulse Sensor
17	2	Pedal Disc
18	2	Disc Cover
19	1	Right Crank Arm
20	1	Left Crank Arm
21	1	Right Pedal/Strap
22	1	Left Pedal/Strap
23	1	Seat
24	1	Seat Carriage
25	2	Seat Post Cap
26	1	Seat Adjustment Knob
27	2	Adjustment Knob
28	1	Seat Post Sleeve
29	2	Leveling Knob
30	1	Seat Bracket
31	2	Leveling Foot
32	2	Rear Stabilizer Cap
33	1	Right Stabilizer Cap
34	1	Left Stabilizer Cap
35	2	Wheel
36	2	Foot
37	2	Game Grip
38	1	Pulley
39	1	Crank
40	2	Crank Bearing
41	2	Snap Ring
42	1	Flywheel
43	2	M8 Washer
44	1	Flywheel Axle
45	1	Idler
46	1	Motor Bracket
47	1	Resistance Motor
48	1	Resistance Disc
49	1	Resistance Arm
50	1	M6 x 70mm Bolt Set
51	1	M6 x 60mm Bolt Set
52	1	Arm Lock
53	1	C-magnet
54	1	Drive Belt
55	2	Magnet
56	1	Clamp
57	1	Reed Switch/Wire
58	1	Wire Harness
59	1	Extension Wire
60	2	Wire Clamp
61	1	Pulse Wire
62	2	M4 x 25mm Screw
63	2	M4 x 12.7mm Flange Screw
64	1	Audio Cable
65	3	M8 x 17mm Flat Head Screw
66	1	Left Controller Wire
67	1	Right Controller Wire
68	2	Crank Cap
69	2	Upright Pivot Bushing
70	2	5/16" Flange Screw
71	4	M8 x 20mm Button Bolt
72	8	M8 Locknut
73	2	M8 Jam Nut
74	4	M8 x 20mm Patch Screw
75	12	M8 Split Washer
76	4	M10 x 95mm Patch Screw
77	1	M6 x 65mm Hex Screw
78	1	M6 Locknut
79	4	M4 x 12mm Flange Screw
80	2	M6 x 8mm Hex Screw
81	1	M5 Washer
82	1	M5 x 7mm Screw
83	1	M6 x 14.67mm Shoulder Screw
84	1	M6 Washer
85	1	M6 x 20mm Hex Screw
86	1	M10 x 50mm Hex Screw
87	1	M3.5 x 12mm Screw
88	1	M4 x 12.7mm Bright Screw
89	14	M4 x 19mm Screw
90	12	M4 x 16mm Screw
91	2	M4 x 5mm Bright Screw
92	2	Handlebar Pivot Bushing
93	6	M4 x 19mm Flat Head Screw
*	–	Assembly Tool
*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. PFEX02210.0

R0610B



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for five (5) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 299653 R0610B

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